



UCR Diversity and Inclusion Group (DIG)



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Spring 2020

The Headlamp

People, places and things >>>

UCR News

Welcome new employees/new positions

Patrick Kieran-Mit/Ed Specialist

Marcus Sewell-Senior FF-E2411

Kathleen Grey-Fuels Planner

Jessi Seim-Assist. Engine Capt-E2613

Dan Sebern-Assst. Helitack Sup.

Rebecca Roller-Squad Boss-White River WFM

Michael Carter-Senior FF-White River WFM

Emma Jo Bergin-Senior FF-E603

Mike White-Engine Capt.-E2622

Nick Niles-Senior FF-White River WFM

Ryan Hughes-EZ Prescribed Fire and Fuels Specialist

On the Move

Rob Berger-Senior Fire Advisor-BLM National Headquarters

Lisa Loncar Prescribed Fire/Fuels Specialist, Cherokee NF

Tyko Isaacson-Dep. Fire Staff Gifford Pinchot NF

Alison Richards-Regional Fire Planner-R2

Chad Bakken-Engine Capt-ARF

Sarah Hankens-Renewable Resources and Planning Staff Officer-WRF

Nathan Harrison-Spotted Bear Module Leader, Flathead NF

Stewart Robertson-Prescribed Fire/Fuels Program Manager-GMUG

Do you have a Will?

Perhaps the most difficult part about writing a will is getting started. In order to start, one must first come to terms with their own mortality, and be willing to admit that something could happen to them at any time. This is a difficult thing to do, since surely most of us envision a long life with the end being so far in the future that we don't really need to concern ourselves with it for a while.

While thankfully that holds true for most of us, things can and do happen, and it's important to have a will so your money and possessions will end up where you want. Not having a will before you die (intestate is the legal term if you didn't know), means your state's laws will determine distribution of property and assets. These vary state-to-state, but apparently follow a similar pattern. However, this pattern may not be what you expect, or – more importantly – want.

You may think if you're young and single, and don't have a lot in the way of assets just yet, there's really no need for a will, since you'd want your money to go to your parents, you told your favorite cousin who happens to really like your car "If something happens to me, you can have my car", and you promised your baseball card collection to your nephew. Without a legal will stating these wishes, however, your state's intestacy laws will determine who gets what, and unless your whole family knows what your wishes are and follows through on them, things may not end up where you'd hoped. This can cause stress, hard feelings, and financial burdens on your family at a time they really don't need extra complications. A simple, inexpensive will can avoid all this. Marriage and children, as one might expect, complicate things to a much greater degree. If you're married and don't have a will, do a web search for intestacy succession, and see if you would like your assets divided using any of the formulas you'll find (if you can understand them).

When it comes down to it, your will is not for you; it's for your loved ones if they find themselves without you. Don't make them try to remember what you may have told them, or try to guess what you wanted. Take care of that for them, so if the unthinkable happens to you, it's one less thing for them to deal with. Encourage your loved ones to do the same.

Here are a couple of free or low cost options for producing a will:

[FreeWill](#)



[Rocket Lawyer](#)



As a note, wills do not determine who receives your life insurance policies, retirement benefits, or TSP/401k/IRA. That is determined by who you put as your beneficiary. Make sure these are completed and current; death of a spouse, marriage, divorce, having children, etc. will likely change your beneficiaries

Employee Spotlight-Rebecca Roller-White River WFM

My name is Rebecca Roller and I grew up in Kremmling, Colorado. I went to college at Western State College in Gunnison, CO where I graduated in 2013 with a math degree. After graduation I moved to Spokane, Washington to begin an insurance career. It wasn't long before I figured out that wasn't what I wanted to do and had a quarter life crises and turned to fighting fire. This is the best decision I have ever made. I started on a contract crew in Washington and I am moving to the White River from the GMUG (Grand Mesa, Uncompahgre, Gunnison National Forest). I am a squad boss on the White River Module in Rifle, CO. When I am not fighting fire I enjoy spending time with my dogs, hiking, fishing, snowshoeing and traveling. I am very excited to take the next step of my career on the Central Zone of the White River National Forest and I look forward to meeting everyone.

Blast from the Past

On April 19, 1775, 700 British "Red Coats" Troops departed Boston to seize the arms and munitions of The New England Patriots in Lexington, Massachusetts. 77 brave Patriots stood their ground under the command of Captain John Parker. Once, the Red Coats were upon the Patriots, they were ordered to disperse due to insignificant numbers. A shot was fired, and musket smoke filled the air. This came known "As the shot heard around the world" and the American Revolution had started in earnest. After discovering no weapons, due to relocation, the Red Coats were in full retreat to Boston. Within hours an estimated 3,500 Patriot "Minutemen" descended on the British forces. During their 18-mile retreat to Boston, significant damage was caused. Patriots' Day is still celebrated to this day as a State Holiday in Connecticut, Maine, Massachusetts and Wisconsin. The Boston Marathon is run on Patriots' Day yearly.

Brainteaser

A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor is not the boy's father. Then who is the doctor?

UCR Diversity and Inclusion Group Team Members

Kelly Boyd-Unawep WFM Lead
Justin Conrad-EZ FMO
Sarah Culhane-Unit Aviation Manager
Mary Flynn-WRNF Recreation – Special Uses
Sarah Hankens-WRNF Rifle District Ranger
Linde Jacks-GIS Specialist
Chad Johnson- Rifle Helitack Foreman
Patrick Kieran-UCR Mit/Ed Specialist
Jake Lloyd-Asst. Tanker Base Manager
Courtney Murray-Incident Business Specialist
Stewart Robertson-CZ Fire Ops Specialist
Sarah Westendorf – EZ Engine 609 Engineer
Jennifer Schuller-Asst. District Ranger
Eric White-EZ Captain Engine 607

The DIG is always looking for new members, and different perspectives!!

Suggested Wellness Resources

Info on Sleep

[LLC-Study](#)

[Joe Rogan Science of Sleep](#)

Books



Mindfulness

[22 Mindfulness Exercises](#)

TED TALK



[Matt Walker-Sleep is your superpower](#)

WORTH YOUR TIME

[Good!](#)

Physical Fitness

[Physical Activity](#)

[Importance](#)

[Fitness and Your](#)

[Brain](#)

final thoughts...

Do you have an idea for our newsletter (ex: topic, photos, employee to highlight, etc.)?

Feel free to contact any DIG member or you can email us at ucr.dig@gmail.com

If you want to join the DIG please contact any member.

Brainteaser answer: The doctor is the boy's mother.